

Pathwork™ Steps

The Individual and Humanity Study Guide for Online Meetings on PL 120

Week 1: Parallels in the Growth Process of Individuals and Humanity

Week 2: The Transition from Self-Centeredness to Selfhood

Week 3: The Adolescent Stage of Development

Week 4: The Ongoing Process of Individualization

Week 1: Parallels in the Growth Process of Individuals and Humanity

Deep insight, which comes as a result of relentless self-confrontation, truly sets you free. It liberates you from confinement, compulsion, and enables you freely to choose your inner and outer course in life and being. Change becomes possible only when it is a free choice. This, in turn, is possible only when deep understanding has been attained. Many of you have already experienced the joy and freedom of being able to cope with aspects of life you could not cope with previously.

At the beginning, when deep and thorough understanding is still lacking or only partial, these periods are short-lived. They are alternated by periods of confusion and depression. But the more these dark phases are mastered by the will to understand their inner significance and by not shirking to overcome the resistance to do so, the negative periods will be the less frequent as well as of shorter duration, and the longer will be the phases of liberation, peace, and joyfulness.

The more you realize that each negative phase contains a special lesson, that each disturbing happening harbors a knowledge you desperately need in order to find yourself and to live the full and satisfying life you are destined to live, the easier will it become to make disturbances and crises productive experiences of short duration.

There are certain unalterable laws of growth and development which apply to all living organisms in the universe. They are identical in principle and procedure for the physical, the mental, the emotional, and the spiritual organism. They apply to the macrocosm and the microcosm. They apply to the one-celled life organism, to the individual human entity, as well as to humanity as a whole. There are many life organisms whose mechanism man cannot possibly see, understand, or evaluate. Therefore he cannot compare growth processes of these organisms with his own. But a comparison can be made between the individual laws and processes of growth and those of humanity as a whole.

Visualize that **humanity as a whole is an entity governed by the same laws as the individual** which is a part of this bigger body -- mankind.

PL 120

Exercise 1a: See [“Where Everything is Perfect: A Game of Life based upon the Pathwork Lectures”](#) at the end of this study guide on understanding how Spiritual Law, Cause and Effect, and Karma might operate paradoxically compared to human expectations.

There are aspects within the individual that he does not fully understand and therefore cannot control, thereby destroying union, peace, and integration of the personality. The same applies to mankind. The same relationship exists between the totality of one human being and his cells, which are particles of his being which undergo identical laws of living and growing.

This concept is perhaps possible to sense to a degree at this time when it is known that every atom is a replica of the universe. But full understanding of this factor can come only when the individual extends his range of consciousness to a wider dimension. For the moment, it suffices to attempt an overall comparison between the individual human being and humanity as a whole.

PL 120

Powers of Ten by Charles and Rae Eames. 1977 9 minutes

Powers of Ten is one of the Eameses' best-known films. Charles and Ray employed the system of exponential powers to visualize the importance of scale to relative distances. The film illustrates the universe as an arena of both continuity and change, of everyday picnics and cosmic mystery.
<http://www.eamesoffice.com/the-work/powers-of-ten/>

Exercise 1b: [If Life Was a Card Game...](#) Download questions about life from the perception that you are operating within a larger reality than you are / may have been aware of. From *Where to Go from Here: Discovering your own life's wisdom in the second half of your life* by James E. Birren and Linda Feldman

Daily Review PL 28 based upon PL 120

Exercise: Keep a record of incidents that occur in your social environment, culture, or government that disturb you.

Record your most immediate feelings and reactions, even if these are obviously short-sighted or at odds with your values and beliefs. Some of our most contentious social and political issues may be the result of people reacting without any filter!

Each week, see if you can relate with the sub-topic. All you need is a ½ page of lined paper per day. Create 4 columns. At some point during each day, jot down brief notes about each incident (limit: 10 per day). Eventually, this can become a thought process. The Guide refers to Daily Review as 'spiritual hygiene'.

1. Two to three words to identify each incident (no details)
2. What feelings or emotional reactions came up
3. The judgments or conclusions you came to at the time

At the end of each week, read through your entries and complete the last column:

4. What do you notice today that you did not notice at the time? Are there patterns?
5. Using your preferred form of meditation (sitting, walking, or while doing 'mindless' chores) reflect upon the common denominators between your personal work and how you see the larger issues of Humanity as a whole.

Week 2: The Transition from Self-Centeredness to Selfhood

An infant lacks consciousness of its ego. There is no self-consciousness, no sense of self. All a baby experiences is sense impressions -- pleasure and pain. Its reactions to both are strong. Frustration of pleasure or infliction of pain cause violent anger. **The infant knows nothing beyond this.** There is no reason, no sense of proportion of his pleasure with the pain this may mean for another. There is no logic and no sense of responsibility. The infant is completely isolated in the pursuit of his own sense pleasure or sense pain. Even pain and pleasure, this limited range of experience, do not exist on emotional, intellectual, and spiritual levels. The infant is not only entirely a physical creature but also utterly self-centered.

In any form of immaturity, the same condition exists. To the degree that this infantile attitude toward the world exists, the person is dependent. An infant is, as you well know, utterly dependent. Concomitantly, the so-called neurotic, conflicted, immature person is emotionally dependent. You all know and constantly experience how your inner problems and conflicts rob you of freedom, selfhood, self-sufficiency, independence. And many of you begin to experience the meaning of gaining true independence through giving up childish, limited self-centeredness.

Hence, **self-centeredness and dependency are interconnected.** You cannot have the one without the other. Many an inner conflict rages just because of this interconnection. Man struggles against the dependency that he simultaneously insists upon as a result of his infantile self-centeredness and subjectivity in outlook.

As a person matures, he develops a sense of self. The more aware of himself he becomes, paradoxical as this may seem, the more concerned with others must he become. Just think of this great spiritual truth, my friends -- **lack of selfhood means self-centeredness.**

Full selfhood means concern for others, fairness in evaluating advantages and disadvantages of others and self. It does not mean annihilation of self for the sake of others in a distorted sense of martyrdom (which is always a "remedy" for inherent and hidden selfishness and self-centeredness). But it does imply a sense of fairness in which one is capable of foregoing an advantage if it creates undue pain, unfair disadvantage for another.

So, on one side of the scale, we have the infant who has no ego, no sense of selfhood, no awareness of itself, accompanied by utter self-centeredness and complete dependency on stronger beings. On the other side of the scale, we have the mature person who has a sense of selfhood, an awareness of himself beyond the pleasure/pain principle. This results in a social sense, responsibility, concern for, understanding of, and feeling with others so that this person forms a harmonious whole with others around him in mutuality of purpose and interest. He is free and independent, not to be confused with omnipotence. He does not rule, nor is he ruled. Instead, a healthy interdependence exists between himself and his fellow creatures.

In order for this growth process to take place, the infant must develop his mind, his intellect, his reason, as well as his emotional nature. It is the identical process with humanity as a whole.

The Crises of Growth

A child will hit a smaller child because it wants the latter's possessions. If the child were self-sufficient and independent while possessing his self-centered drives, you may just about imagine what would happen. He would rule over all those who are weaker and destroy them. Therefore his weakness and resulting dependency are a necessity and a protection.

The transition from utter self-centeredness to concern for others is a crucial period in the development of an entity, whether this entity be an individual human being or mankind as a whole.

Primitive man was also much more helpless and dependent than man is today. The more he manifested his brute force in the absence of mental and emotional development, the weaker he became. His God concept was accordingly that of being ruled, so was government, and so lived the individual accordingly. He ruled the weaker ones and let himself be ruled by the stronger ones. He may have violently resented the stronger ones, but he could not help obeying while simultaneously even needing the stronger ones.

Again, the spiritual forces of balance set a halt to it. Whenever he became too abusive, too irresponsible and selfish, he would be removed from power. Again and again this can be observed in history. First he was removed by those who were no different than himself, but, little by little, power could only be gained by offering the ruled ones something for themselves. **Hence, responsibility and concern for others developed**, first as a necessity, for without it power and advantages could not be gained, and later (and by some individuals earlier) as a true inner development and conviction.

Each transition in growth, in small or big instances, is always fraught with crisis. Hence, mankind went through many crises -- the crises of growth. Let us look at transitional periods of growth in the individual from the point of view of crisis. When the child is being born, it is not only crisis for the mother but even more so for the little entity. When the infant is weaned from the mother's breast, it is crisis. Each such phase is a step toward further independence, going into the world, away from seclusion. When the child starts school, it is again a step into the world, toward selfhood, away from seclusion. Again it represents crisis. The child begins to learn responsibility the first time it is, to some extent, away from the complete shelter and protection of the parents. Again it is crisis.

To the degree that such growing periods are resisted and fought against, they will be painful and present conflict and disharmony. To the degree that they are embraced, the new way of life will become desirable and offer new vistas, experience, and challenge.

The physical system also undergoes crisis in growth. A teething baby experiences pain. Puberty is psychologically a painful process. It is, again, a step toward individuation.

PL 120

Exercise 2: Where are your personal issues reflected in larger human events?

Select a political, social, or global issue where you feel **emotionally invested**. Intellectually, you may express that 'we' or 'they' are going in the wrong direction, being deceptive, or violating spiritual law. Spend some time finding the principle your objection is based upon. Then, find an example in your own life where you have done something similar. This may take a while; it is hard to admit where we betray ourselves or our values.

Week 3: The Adolescent Stage of Development

Now, if you compare the individual period of adolescence with mankind's present development, you will see that this is where mankind is today. This will prove helpful and widen your understanding.

On this path, you have discovered how you must lack inner peace due to split aims, mutually exclusive drives, contradictory concepts. Emotional reactions either contradict conscious views or are split within themselves.

This is exactly what happens to humanity on this earth planet. It, too, is divided within itself. Its organism which, in perfection, could and will function harmoniously in union with itself must be at war with itself as long as it is divided within by unrealistic concepts, wrong conclusions, self-centered and infantile pursuits, limited outlooks, lack of concern, subjectivity and unfairness due to blind, isolating tendencies. If two nations have opposite aims, it is as unrealistic and senseless as the opposite aims man finds within his unconscious. It is just as destructive and wasteful.

Mankind is near leaving the adolescent stage. This does not necessarily mean that its whole organism is unified, any more than the average adult is unified. But this nearing a mature state, generally, will nevertheless be felt on earth in spite of the remnants of immature trends in the psyche of mankind.

The more humanity grows, the less confused will it be about what is constructive and what destructive. Its discrimination will improve.

In the past, while in the child and young adolescent stage, it was often difficult for mankind to discriminate between truth and falsehood, between what is constructive and destructive. Crass injustice and cruelty could often parade as the righteous cause while the truly meaningful and mature solutions for mankind's problems were too often discarded as wrong. The child's mind lacks the power of independent thinking, of discriminating, and it shirks the labor of even making an attempt to do so.

As the individual grows capable of dissolving his destructive, childish trends through his reason, his power to understand, so will mankind. Hence, mankind is now on the threshold of greater maturity and is therefore in a state of crisis. As everyone on the path experiences periods of darkness before the dawn, so does humanity -- over and over again.

Adolescence is a particularly painful and trying period because the individual leaves the accustomed and safe period of childhood behind without possessing, as yet, the necessary equipment to be adult. Thus approximately the last hundred or two hundred years were especially marked by a similar adolescent crisis.

PL 120

Exercise 3a: What adult behavior or actions did you protest against when you were a teenager? Notice 1) where you now understand the world differently based upon maturity and experience and 2) where you have personally been unable to hold the same idealistic standards you once upheld. How would you explain those aspects of your life to an idealistic teenager?

Resistance to change is one of the greatest hurdles to be overcome. It can be rationalized in many ways, but whatever is the conscious "reason" for such resistance, deep down you all battle against giving up the "glory" of your idealized self. That, especially, you fear above and beyond anything else.

You think or feel you have to hold on to it for dear life because, after all, it was chosen as a "solution." And since this process of choice was unconscious, the same unconscious reasons still make you hold on to the belief that perhaps, after all, it may still turn out to be a "solution" and bring you safety and security (distortion of the instinct of self-preservation), as well as happiness and pleasure (distortion of the instinct of procreation). This is always the underlying force of your resistance, no matter what the outer rationalizations are.

In the first place, to find that this resistance exists is important enough. But then this deep underlying reason has to come to awareness, for only then will it prove to be an unworkable solution that you have chosen, and you will give it up little by little. As long as the real reason for resistance to change is unconscious, it is not amenable to change, correction, or reconsideration since anything activated out of the unconscious is resistive to reality.

While you may consciously have some new ideas, change certain aspects, attitudes, and approaches to life, this part that is hidden within yourself has remained static and has battled with the other part. Unconsciously you hold on to that which was chosen as salvation and safety, the pseudo-solution. That makes change, growth, and liberation so extremely difficult.

Distortions of the Instincts of Self-Preservation and Procreation PL 85

The more you hold on to destructive patterns, resisting even understanding of their mechanism, the more painful do these old, obsolete patterns finally become.

Conversely, the more willing you are to be in the growth process by your inner determination to understand and change, the more exciting and rich, the more meaningful and fulfilling does life become. In the latter alternative, the crisis is short-lived. It lasts only until you summon the strength to overcome the resistance.

But if you give into the blind, faulty reasoning of resistance, crisis is dragged out, gradually becoming more acute until it can no longer be borne, thus forcing you, as it were, to take yourself in hand and discard worn out, incorrect concepts, blind childish seclusion which can no longer work for the adult you now are.

This path is the best demonstration of this law of growth.

PL 120

Exercise 3b: Create a list of your 'Top 10' personal disappointments about yourself or life events **when you were younger**, Be as specific as possible, such as 'not getting job x' vs. 'not getting ahead', or 'lying to my girl/boyfriend about incident y' vs. 'not having good relationships'. Then, carefully explore the after-effects of each disappointment. Did any of them prompt you to change your attitude or your behavior? *The reason for focusing upon long-ago events is that change can sometimes take decades to accomplish and manifest.*

Week 4: The Ongoing Process of Individualization

True individuation occurs when man reaches access to his inner brain, his inner will, his inner conscience. This occurs when the outer, conscious, semiconscious, and superficial levels of the unconscious are thoroughly explored and understood.

The moment a person has penetrated the layers of consciousness that covers his real self, his real conscience, by profound understanding and truthful evaluation, to that degree and in that particular respect does he reach the inner reality of the situation. This is a profoundly elevating, peaceful, and joyful experience, but requires the labor of stringent honesty with oneself.

The more an individual is in touch with these inner faculties, the more reliable guidance through life must be; the more constructively man lives his life; the greater understanding he gains about himself, about his disturbances, about his interrelationship with others, about the world as a whole. In short, the more he goes deep within himself, the better capable does he become to go out into the world and have fruitful contact and union with others. Conversely, the more he lives on the outer fringes of his consciousness, on the superficial level of manifestation, the more withdrawn he must be from the world, the less a part of it.

Man is not capable of taking this inner direction as a child, and hardly even as an adolescent. In adolescence, he could, with proper guidance and education, begin to channel his forces in the right direction, but it is still a greater effort than for an adult person. Mankind, too, has to learn to direct the solution of its problems by looking inward, behind the effect, into the inner causes. So far, collective problems are usually not resolved in this manner.

Politics, economics, even religion, approaches life and its problems on the outer, superficial level of manifestation, and therefore cannot find true solutions. But since mankind is approaching maturity, it, too, will learn to develop its inner conscience, its inner will, its inner thinking process.

Permanent peace on this earth can exist only if the overall maturity of mankind has reached this avenue of resolving problems. Then the means of brute force will be dispensed with because man can rely on reason and fairness rather than on power. But in order to make this possible, each nation, each government, each group will have to probe itself for its own shortcomings rather than blame the other, regardless of how much appearances may lend an easy hand for such rationalizations.

By the same token, the growing selfhood of humanity will also enable it to assert its rights, to be aware of its values without guilt. It will not weaken when false accusations are being made. **It is the identical process as with the growing selfhood of the individual.**

PL 120

The Power of Individual Work

The more each one of you pursues this path in the manner you are doing, being forever more determined to overcome resistance to facing the truth in yourself, **the more do you contribute to the whole of mankind's reaching this phase** when problems can really be resolved by adequate means, not by temporary, shallow ones.

Now, as to the question of the fate of mankind as a whole after its full maturity has been reached, again let us compare it with the individual.

An individual entity is bound to this earth sphere until it has reached full maturity. It comes again and again. The more it develops its inner faculties, thereby relating more and better to others, the higher the consciousness is raised.

A highly developed human being begins to perceive a new dimension which is already outside the human sphere. As this evolutionary process continues, the individual's emanations become finer and finer. His matter becomes more subtle, dissolving the harsh, coarse matter, as you now know it.

Almost imperceptibly, as evolution grows, the individual creates a new kind of body matter, soul matter, thus being drawn into a different world. Such individuals are no longer drawn into this sphere, their subtler emanations and subtler matter pull them into a corresponding environment.

This is not, as is often said, a change from one geographical abode to another, but a change in spiritual and psychological outlook, a different state of being.

As the world spirit, as a totality, reaches this state, it too will undergo an identical change. This earth sphere itself will become finer, its matter more and more subtle, its vibration faster due to its correspondingly higher degree of consciousness.

It may be fruitful if you think of your personal problems and how they run parallel to world history, to the development of mankind as a whole. If we receive such examples from some participants, this may prove of great value, my friends.

PL 120

Exercise 4: Make a list (up to 10) of local, national, or global events that activate or irritate you. We become emotionally invested in community or relationship issues that reflect our personal process work. Strong emotional reactions to events on the earth plane (including arguments with individuals) are connected to the inner spiritual work we are working on.

Meditate on the underlying causes of such events.

Notice common denominators between your own outer and inner interests.

Consider sharing these observations with others. Notice any concerns or objections about such a suggestion.

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‘Where Everything is Perfect’

A Game of Life based upon the Pathwork Lectures by Jan Rigsby

There's nothing like a catastrophe or a crisis to demonstrate the power and presence of fear. Paradoxically, the further removed we are from the actual effects, the more terrifying it can seem. We can feel powerless, our questions unanswerable.

Why are some of us hit by the storm, and others allowed to go about their daily business uninterrupted? Why was I not selected to suffer more? Am I next? How can it be equitable for such disparity to exist? What is our obligation to 'even things out', to stamp out poverty and misery, to help our brothers and sisters? How is it possible to know the truth of what is right for us? How can we find our alignment with divine will, the perfect balance between what we can offer and what is needed?

I find answers for these questions within the Guide's descriptions of 3 aspects of cosmic structure: spiritual law, cause and effect, and karma.

Spiritual laws stand as divine principles, the cosmic constitution that everything is based upon.

Cause and effect are the cosmic Newtonian dynamics that result from our interactions with these laws – effect must follow cause, cause must create effect.

Karma is the accounting system, updating instantaneously after every single moment by moment transaction. One of the keys to understanding karma is that it must reflect the complexity of universal reality rather than the relative simplicity of human thought. Like the accounting system in a large corporation, there are charges to departments and projects, deposits to savings, reserves for emergencies, posting to prior periods (oops! late invoice!) as well as the traditional 'payment of outstanding debts'.

Humans decide 'The driver is guilty' and say 'Pay the fine, accept the consequences!'. Karma might have a distinctly opposite point of view: 'The driver has reminded himself of debts owed from previous lives and this life. We observe genuine remorse -- after centuries of selfishness. This aspect of a life plan is now fulfilled'. Spirit may then allow them to springboard into a new phase of learning.

Sometimes this is a test –to see if we learnt our lessons. From the outside, it can look as if evil or negligence has been rewarded. The difference in viewpoint comes from not knowing the whole story of a person's spiritual journey. Looking at one short section can be misleading. Our entire lives are, to some extent, only short sections of our ongoing development.

Then how do we know where we stand? Where's the baseline, where's zero, what's a minus, what's a plus? How does human reality get a cosmic reality checkup? I'd like to answer using an extended metaphor, the Game of Life (subtitled "Where Everything is Perfect"). Here's how it is played.

The Players:

"The karma influences the plan and the plan determines the parents, the country and circumstances into which the spirit is born, and which qualities should come out, and which ones remain hidden for a future life." Q&A lecture PL 78. How did you position yourself at the start of this lifetime? What did your choices make possible, and what probabilities did your choices eliminate? If you were born without legs, then managing toenails (at least, your own) is simply not on your list of tasks for this lifetime. What have you created IS the playing piece that you will be moving.

Starting Positions:

"Karma, as you know, is the result of everything up to the present point." PL 111 Soul-Substance. Each player starts where ever they are. There are no allowances for should have, could have, or might have been. You have already made the choices that brought you to to this moment, and the premise of the game is that every decision was perfect even if it eliminated options that you were (and perhaps still are) attracted to. The only thing that counts is what is real in the moment. You are always in the right place, doing the right thing, feeling the right thoughts. So before you start trying to move about, you might look at where you are, how you got there, and what you can (and cannot) change.

How Players Move:
As in real games, there has to be a dynamic, a force that creates change. In this game the moving force is intrinsic to our basic organic structure as human beings.
Starting: our innate incapacity to stand still will get us going – see PL 55 on Expanding, Restricting, and Static principles. Nature abhors stasis in carbon life forms; the organism will stagnate and die unless it moves.
Order of play: survival outranks manners or ideas for ourselves, our species and our dreams. Ref: PL 85 & 86 on Self-Preservation and Procreation.
Style of move: Reflex behavior will rule until consciousness emerges. Ref: PL 127, Four Stages of Evolution and PL 124 The Language of the Unconscious.
Types of moves allowed: Expansion is the only infinite choice since both contraction and stasis are limited. Ref: PL 235, The Anatomy of Contraction. Movement of expansion allows for growth, connection, self-preservation, procreation - even in the process of dying.
Free Will: These are the wild cards, expressed as soul movements. Primary soul movements include feelings, Eros, imagination, and the sheer pleasure of life. Ref: PL 119, Movement, Consciousness and the Pleasure Principle). Secondary movements include thoughts (i.e., unfelt feelings), dreams (the leftovers from cosmic conferences during REM sleep), and awareness, Stage 2 of PL 127 Four Stages of Spiritual Evolution.

The Rules:

Spiritual Law governs all aspects of the Game of Life. Ref: PL 171. PC10 is a handy summary (see last page). The trick is to understand the holographic nature of cosmic law.

Holograms (3-D pictures) are created by having each pixel of the picture contain a tiny image of the larger picture. A hologram of an apple contains millions of pictures of apples. The mind then discerns which part of each microscopic picture to 'see' based upon the perceived position of the whole. Voila, Apple!

In spiritual law, all laws uphold each other. To not "Pay the Price" violates the Law of Brotherhood, and vice versa. To not accept the Law of Cause and Effect violates the Law of Living in Truth, etc.

You can simplify the process of learning to live by spiritual law by picking just one to live by, as a personal mantra or theme for your life (or a single week of it). Upholding one will inevitably lead to upholding all.

Alternatively, you could focus on a law that irritates, aggravates, or confuses you, and notice the consequences of trying to 'break' it or, more subtly, not upholding it.

"Do not forget that the law of cause and effect or the law of karma specifies that people are always given the chance to solve their problems in the easiest circumstances possible.

You violate divine law when you escape from yourself instead of facing yourself. Violation of anything divine must therefore perforce be finite. You cannot infinitely twist the law. Your violation of divine law finally reaches a point where you automatically again begin to work for the good." Images PL 38

"So it is not a question of preordainment or predetermination in the sense these words are usually understood. It is always a question of cause and effect, how you have unwittingly, unwillingly and ignorantly brought it about. When you understand that, the word "fate" will take on a completely different meaning for you, and even the word 'karma.'" Q&A lecture PL 61

FAQs:

Q: What about lucky breaks, such as "Get out of jail free" cards?

A: "There is no such thing as coincidence." (PL 25 The Path) Consider the possibility that every aspect of your life has been dictated by your real self, which your conscious mind is too limited to fully understand or perceive.

Q: Why do some have easy lives, full of "Pass Go and get \$200" cards?

A: "As any difficulty or apparent disadvantage can be a cure, which it must be if the person is on the right path, advantage can be a cure, too." (PL 25 The Path) How have your advantages helped you to realize where you might be deficient?

Q: What is the meaning of bankruptcy (financial, moral, spiritual or emotional)?

A: "Happiness is meant for each individual, but is impossible to attain without eliminating the causes of your unhappiness, which are your faults -- as well as any trend that breaks a spiritual law." (PL 11 Self-Knowledge)

Q: I am in the wrong place / time / circumstances!

A: "If a person in an earlier incarnation has accumulated much karma through offensive behavior toward his or her own sex -- and we will not go into details -- a woman must be incarnated as a man, and vice versa. That has to be endured ... karma does not always have to do with suffering. Karma is also the good; it means simply cause and effect." (PL 10 Male and Female Incarnations)

Q: Life feels like a game of Chutes and Ladders!

A: "For no one is asked to bear too much at a time. I might add, however, that generally, though not always, the higher the development, the faster the effect will follow the cause." (PL 34, Preparation for Reincarnation)

Q: How is the game scored?

A: Karma is your instant cosmic score card. Karma neither judges nor acquits, since spiritual law is absolute. Karma doesn't even decide how to allocate the demerits! Before you even came to the game of life, you made those decisions with your team (see PL 34, Preparation for Reincarnation for details).

Determining the Winner:

Not Applicable. It isn't a matter of how the game is scored, but by our intimate personal journey of discovery, transformation, and purification. "The joy and security of the discovery by far outweighs the personal price that needs to be paid for infringement of divine law. Even if negative karma results from the actions of a lifetime, it is joyfully undertaken once the covers fall off, because living in a just and trustworthy universe has much greater value. This is parallel to experiencing at certain stages on your path the relief of seeing cause and effect, even if it means paying the price." (PL 249 The Pain of Injustice)

This article was based upon a word search prompted by questions that I have received about recent world events. As I wrote the essay, I found Guide Lecture references by using an on-line search program. Please see <http://www.path-work.info/pathworksearch/> for this free Lecture search tool.

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The Spiritual Principles With Which We Manage Ourselves To Create Heaven On Earth

The Pathwork Purification Process is the way we stay true to spiritual principles.

Pathworker Contributions Document #10 (PC10)

1. Principle: Law of Self-Responsibility

"You create your own reality." #40

"Your life experiences are a reflection of the beliefs in your soul. You should never believe for one instance that what you experience is unjust and unfair, no matter how much it may appear that way. In the last analysis, in absolute truth and reality, it is your misconception that has caused it." #48

"Only you create your own happiness and Whappiness." #60

2. Principle: Law of Paying the Price

"There is a price to be paid for each desired gratification." #29

"Every advantage has its disadvantage." #41

"The disadvantageous side of each alternative or decision has to be faced and accepted." #32

"There is a price to be paid for everything."

3. Principle: Law of Cause and Effect

"Every act has its consequence in the sphere of present reality. It is more difficult to see the same relationship between thoughts and subtle attitudes. The more developed person can perceive cause and effect on these less obvious levels." #245

4. Principle: Law of Living in Truth (Facing Life)

"To face life's reality means to face yourself as you are, with all your imperfections; embrace life whole-heartedly, without fear, without self-pity or being afraid of being hurt. Say to yourself, "In order to be come what I would like to be, I must first, without fear or shame or vanity, face what is in me." #25

5. Principle: Law of Brotherhood

"To be able to open up, to really open your heart to another person, brings a spiritual help that you could not receive by yourself." PL26

6. Principle: Law of Transformation of Negativity

The strength with which your divinity can penetrate the ego structure and manifest depends on the degree evil has been transformed throughout the evolutionary development." #222

7. Principle: Law of Lack of Awareness

Lack of Awareness of One Area of Your Human Personality Prohibits Awareness of Another

"It is one of the immutable spiritual laws that lack of awareness of one area in you prohibits awareness of another.

This is why the path purification process is above anything else a process of making things conscious. This awareness unifies you. It is the aim of this Path's approach to spiritual reunion to help towards a reunification of everything that has ever split off." #193

8. Principle: Law of Consciousness Reflects Experience

"Working out of abundance, produces abundance, but working out of poverty and need, produces more poverty and need." #132

9. Principle: Law of Fully Inhabiting a State of Consciousness in Order to Grow

"You have to reach a certain state, and fully be in that state before it can be abandoned for a further state. It is often overlook by man; and even more often, totally ignored. This is one of the great, important laws for man to know and deeply comprehend." #132

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